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| **Week commencing**   | **Activities planned**  | **Timings** **(mins)**  | **Resource level**  | **Themes covered**  | **Total hours completed**  |
| **Week 1**14/09 | **Welcome**Welcome back returning Rangers and introduce newcomers. Introduce leaders. Ask Rangers to come up with a set of meeting rules for this term. Point out toilets and fire exits.  |  10 |  None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   | UMA:Skills builder: |
| **Icebreaker**Play a game to help learn everyone’s names. Do any returning Rangers have a good one? Ask them to lead it. |  5 |  None |
| **Main activity**Run these UMAs so Rangers can bond and get to know each other.Think and throw – UMA, pack 5, Know myselfAnything goes hockey – UMA, pack 3, Be well | 15 15 |  LowLow |
| **Wrap up**Clear up. Ask Rangers what kinds of activities they’d like to do this term. Give them UMAs and Skills builders. Ask them to plan their term. Give them tips to make it varied and help them work out what activities are needed so girls can achieve theme awards or top section awards. |  15 |  None |
| **Week 2**21/09 | **Welcome**Welcome back Rangers and remind them of the meeting rules. |  5 |  None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   | UMA:Skills builder: |
| **Main activity**Memories last a lifetime – UMA, pack 10, Know myselfTea tasting – UMA, pack 4, Have adventures |  3015 | LowMedium  |
| **Wrap up**Clear up. Tell girls about Ranger opportunities they can do outside of the unit: You could [become a young leader](https://www.girlguiding.org.uk/get-involved/become-a-volunteer/young-volunteers/young-leader/) with a local unit and inspire our younger sections, train to be a peer educator and give girls a space to talk about what’s important to them, [do your Lead Away permit, Duke of Edinburgh’s Award](https://www.girlguiding.org.uk/what-we-do/rangers/the-duke-of-edinburghs-award/) and, from 16, [your Queen’s Guide award](https://www.girlguiding.org.uk/what-we-do/our-badges-and-activities/badge-finder/queens-guide-award/). You could become a member of [Amplify](https://www.girlguiding.org.uk/about-us/our-organisation/how-girlguiding-is-run/our-youth-steering-group-amplify/) (our youth steering group), or an [advocate](https://www.girlguiding.org.uk/girls-making-change/were-speaking-out/advocates/) and be a spokesperson for Girlguiding. |  10 |  None |
| **Week 3**28/09  | **Welcome**Welcome Rangers and remind them of the meeting rules. |  5 |  None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   | UMA:Skills builder: |
| **Icebreaker**Ask returning Rangers to teach everyone your units favourite game.  |  5 | None/Low |
| **Main activity** Burnout – Skills builder, stage 6, Be well |  45 |  Low |
| **Wrap up**Ask Rangers what decisions they’d like to make this term. Give them the opportunity to plan a Ranger trip or camp. Ask them write down an idea on a post it, collect them and use this to inform your choice. Clear up and say goodbyes. |  10 |   |
| **Week 4**05/10 | **Welcome**Welcome Rangers and remind them of the meeting rules. Introduce the topic of Black History Month. Ask Rangers to share what they know about it. |  5 |   None      | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   | UMA:Skills builder: |
| **Icebreaker**Choose and play a [5-minute filler](https://girlguiding.foleon.com/guiding-magazine/guiding-winter-2022/5-minute-fillers).  |  5 |  None/low |
| **Main activity**[Unsung stories](https://www.girlguidingshop.co.uk/products/rangers/resources/uma-rangers-know-myself-unsung-stories--0003ff/) – UMA, Black history month, Know myself | 45 |  Low |
| **Wrap up**Clear up and say goodbyes. | 5  | None  |
| **Week 5** 12/10 | **Welcome**Welcome Rangers, remind them of the meeting rules and ask if there’s any they’d like to add. Are there any rules that aren’t working? Encourage Rangers to lead a discussion on what needs to change. |  5 |  None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   | UMA:Skills builder: |
| **Icebreaker**Laugh like a hyena – UMA, pack 11, Be well |  15 |  None |
| **Main activity**[Talk the talk](https://www.girlguidingshop.co.uk/products/rangers/resources/uma-rangers-express-myself-talk-the-talk--0003dd/) – magazine UMA, Express myself |  30 |  Low |
| **Wrap up**Check what themes Rangers need to complete theme awards or top section awards. Choose activities next week to support this. |  5 |  None |
|  **Week 6**19/10 | **Welcome**Welcome everyone. Ask Rangers if they have anything they’d like to share with the unit.Are any Rangers young leaders or peer educators? Ask them to share their experience with the rest of the group. Give other rangers the chance to ask questions. |  5 | None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   |  |
| **Main activity**Secret octopus – UMA, pack 11, Skills for my future | 60  |  Low |
| **Wrap up**Clear up and say goodbyes. Tell Rangers that next week you’re going to finish the meeting with a badge sewing session – remind them to bring in badges/blankets etc. for this. |  5 |  None |
|  **Week 7**26/10 | **Welcome**Welcome Rangers and remind them of the meeting rules. | 5  | None  | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   |  |
|  **Main activity** Repeat to complete – UMA, pack 7, Skills for my future | 30  |  Medium |
|  **Wrap up**Have a badge sewing session. Discuss which badges Rangers have earned recently.Ask if anyone wants to share what they did to get certain badges. Clear away and say goodbyes. |  20 |  Medium |
| **Week 8** 02/11 |  **Welcome** Welcome and remind everyone of meeting rules. |  5 |  None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   |  |
|  **Icebreaker** Choose a team building game and play it. Then ask Rangers if they have any good team building games. Ask them to run one. |  10 |  None |
|  **Main activity**Equality vs equity – UMA, pack 7, Take action |  30 | Low  |
| **Wrap up**Clear up. Ask Rangers which Skills builders they would like to do on a week coming up. Or if they’ve already planned their whole term, check if they are still happy with their choices. |  5 |  None |
| **Week 9**09/11 |  **Welcome**Welcome Rangers and ask them what their favourite activity has been so far this term. |  5 |   None      | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   |  |
| **Icebreaker**Choose and play a [5-minute filler](https://girlguiding.foleon.com/guiding-magazine/guiding-winter-2022/5-minute-fillers).  |  5 |  None/low |
| **Main activity**Can cooker – UMA, pack 1, Have adventuresRapid reactions – UMA, pack 2, | 3015 |  MediumLow |
| **Wrap up**Clear up and say goodbyes. | 5  | None  |
| **Week 10**16/11 | **Welcome**Welcome and reminder of meeting rules. Introduce UK parliament week. |  5 |  None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   |  |
| **Main activity**UK Parliament week activity [Just one more moment](https://www.girlguidingshop.co.uk/products/rangers/resources/uma-rangers-take-action-parliament-and-me-just-one-more-moment--0004z/) – UMA, Take action | 60  |  Medium |
| **Wrap up**Ask Rangers what kinds of decisions are important to them at their unit meetings. Give them the chance to discuss how they’d like to make choices going forward. You could have a ballot where girls write down their ideas for the unit and you can action them in the following weeks. If girls respond well to this, create a suggestion box and give girls a chance each week to add to it. Ask them for comments, compliments and suggestions. Clear up and say goodbyes. | 10 | None  |
| **Week 11**23/11 | **Welcome**Welcome Rangers and remind them of the meeting rules. |  5 |  None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   |  |
| **Icebreaker**Play a game of Rangers choice. |  5 |  None |
| **Main activity**Soundtrack to my life - Skills builder, Stage 6, Know myself |  45 |  Medium |
| **Wrap up**Remind Rangers that next week is your last meeting and you’ll be doing winter themed activities. Say goodbyes. |  5 |  None |
|  **Week 12**30/11 | **Welcome**Welcome Rangers and remind them of meeting rules. Introduce your final meeting of the term and ask girls what their plans are for winter break. |  5 |  None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   |  |
|  **Main activity**Winter feast-ival, UMA, pack 9, Have adventures |  60 |  High |
| **Wrap up**Clear up. Ask Rangers what their favourite parts of the term have been. Find out what they’d like to do more of next term.Take a moment to have a ‘You said, we did’ reflection: Look back on decisions girls have made this term and explain how you, as leaders, have actioned their choices. This will help them see how they have had an impact on the unit and use their voice. You can do this each term to encourage their participation in the unit decision making. |  5 |  None |